High Risk-Mission Specific Operational Stress Control

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Stress Continuum Model

READY (Green)	REACTING (Yellow)	INJURED (Orange)	ILL (Red)
• Good to go • Well trained • Prepared • Fit and focused • Cohesive units & ready families	• Distress or impairment • Mild and temporary • Anxious, irritable, or sad • Physical or	• More severe or persistent distress or impairment • May leave lasting memories,	• Stress injuries that don't heal without help • Symptoms persist for >60 days, get worse, and then

Unit Leader Responsibility

Individual, Shipmate, Family Responsibility

Caregiver Responsibility

Why Detainee Ops?

- BHNAS III Report:
  - Mission had highest risk of mental health problems, particularly PTSD, anxiety and depression compared to any observed Navy IA unit or Army sample

Best Predictors of PTSD and Depression

1. Fatigue & Sleep Problems
2. Operational & Job Concerns
3. Family & Home Stress
4. Age (older Sailors at risk)
5. Combat Exposure (Direct Fire)

rale and mental health problems most likely at mid-tour, but may be transient.

Protective Factors

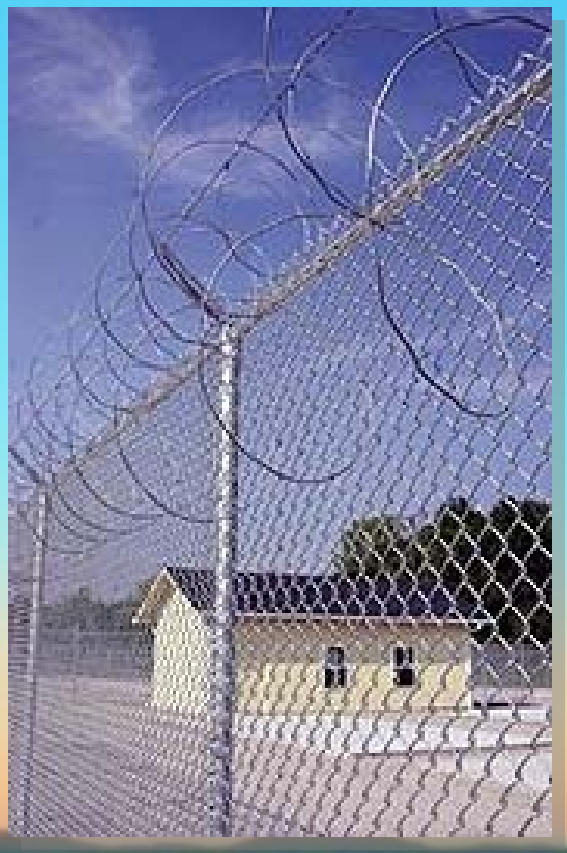
- Unit Cohesion
- Effective Leadership
- Realistic Training

Best to provide stress and resilience training before specialized mission training

Psychological Warfare

Detainee tactics: a form of psychological warfare, designed to:

- Bring harm
- Create dissent
- Waste resources
- Degrade operational readiness



Psychological Warfare

- Resisting compliance
- Testing limits
- Harassing or demanding
- Inconsistency or unpredictable
- Threats to harm you or your family

What would you do?

A detainee wants some water, as you approach him, he throws feces at you and laughs, you….

A) Leave the scene as quickly as possible

B) Think to yourself that you deserve it

C) Blow it off, get cleaned-up, and go back to work

D) Start planning on how to get “payback”

Psychological Warfare: Defense Tactics

- Expect to be manipulated; don't take it personal
- Stay professional and non-reactive; treat everyone with dignity and respect
- Keep a positive attitude; be civil but not friendly
- Remain non-emotional and rational
- Watch out for each other

The Coherence Advantage:

Building Stress Resiliency and Optimizing Performance in Challenging Times

Utilizing the emWave® Personal Stress Reliever

HeartMath Tools and Technologies are Being Used by:

- Optimal Performance Centers
- Professional Athletes and Teams
- Olympic Teams
- Fighter Pilots
- Police and Fire Departments
- PTSD Clinics
- Hospital Emergency Staff
- Correctional Officers
- Surgeons

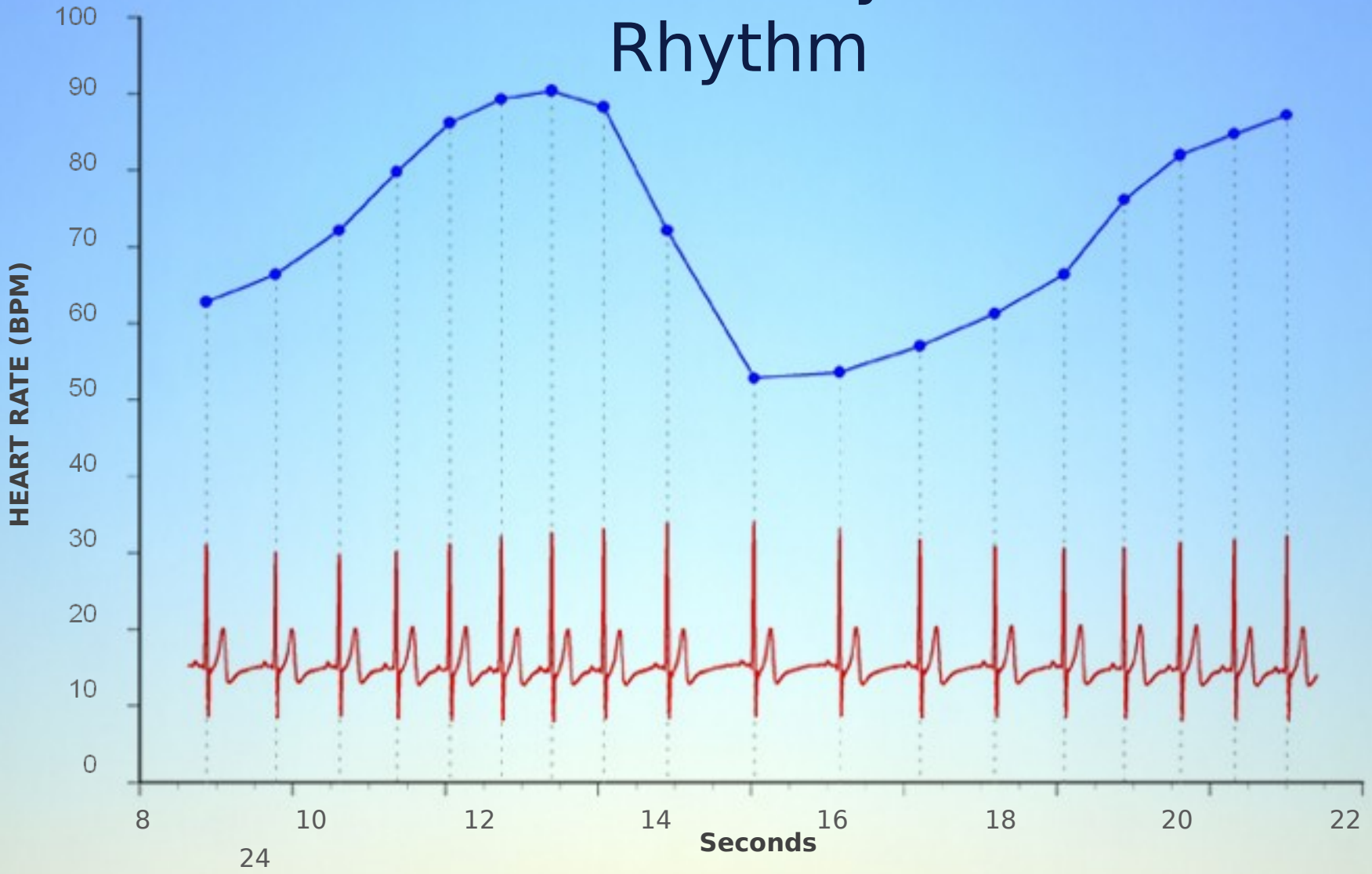
Resilience: The capacity to prepare for, recover from, and adopt in the face of stress, adversity, trauma or tragedy

- The skilled use of resilience is not just to bounce back and recoup after challenging situations.
- It's especially important for preventing stress accumulation during stressful challenging situations or engagements.
- You can learn how to accumulate and store situational resilience for engagement.

- Constant energy expenditures without the balance of adequate rest and recovery leads to burnout, errors, diminished performance and health challenges.

- Both energy expenditure and energy recovery are ACTIVE physiological processes.

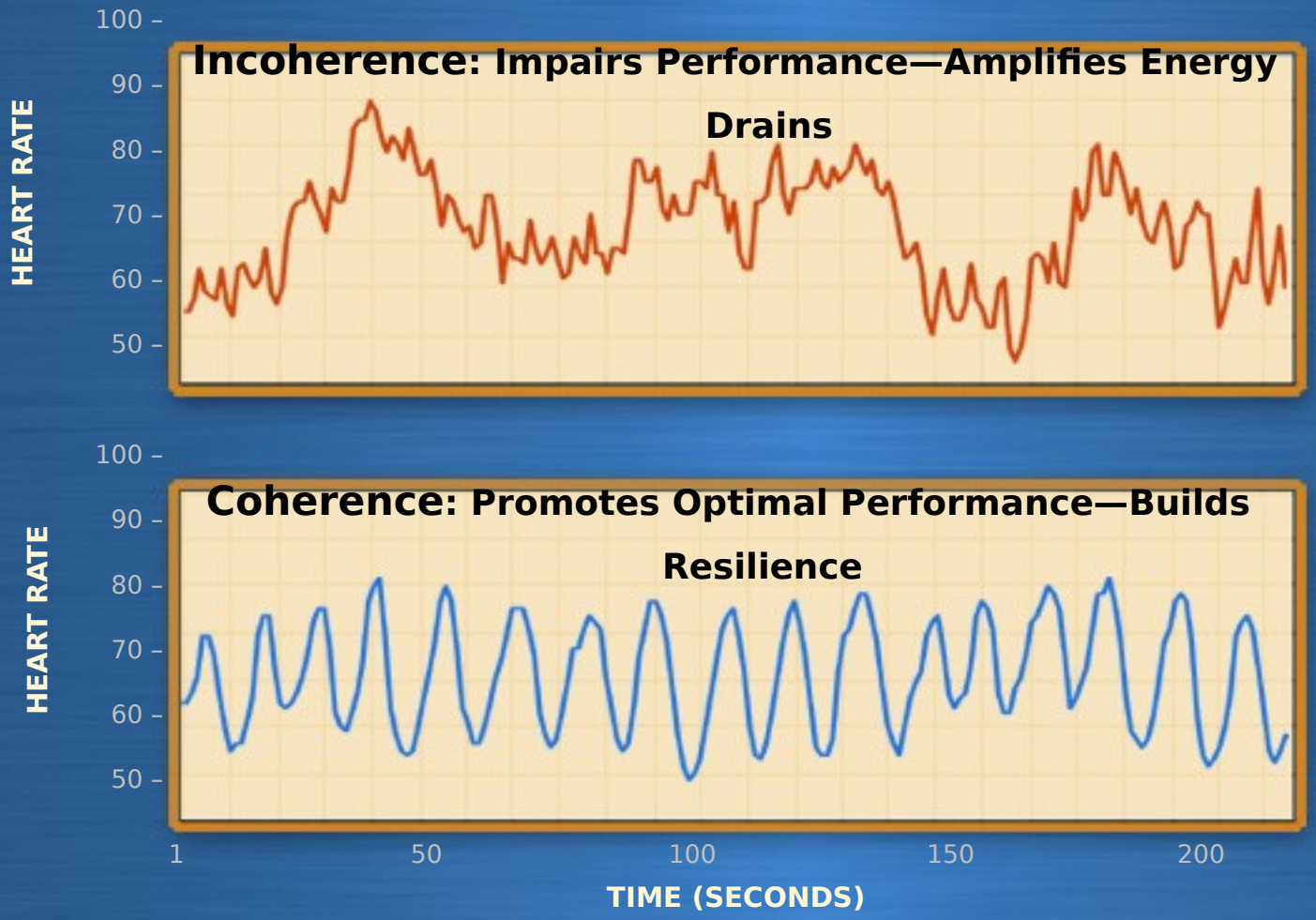
Heart Rate Variability: The Hearts Rhythm



Heart Rate Variability (HRV)

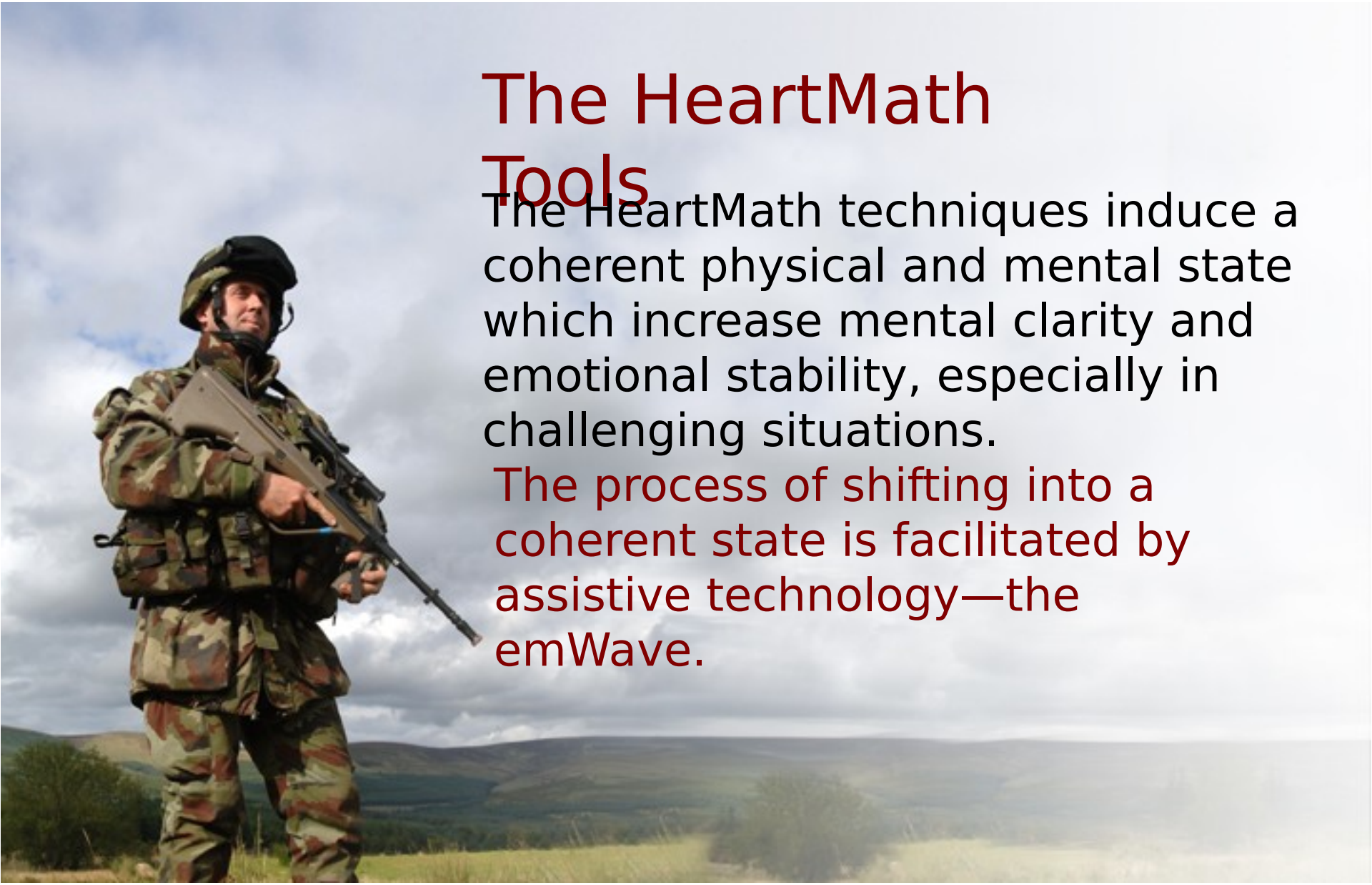
- Abnormally low HRV, is a strong and independent predictor of future health problems.
- HRV is an important indicator of psychological resiliency and ability to adapt to stress.
- Higher level of resting HRV are associated with superior performance on tasks requiring executive functions.
- HRV, especially HRV-coherence can be manipulated in order to produce

Heart Rhythms



Inhibits Brain Function (Incoherence)

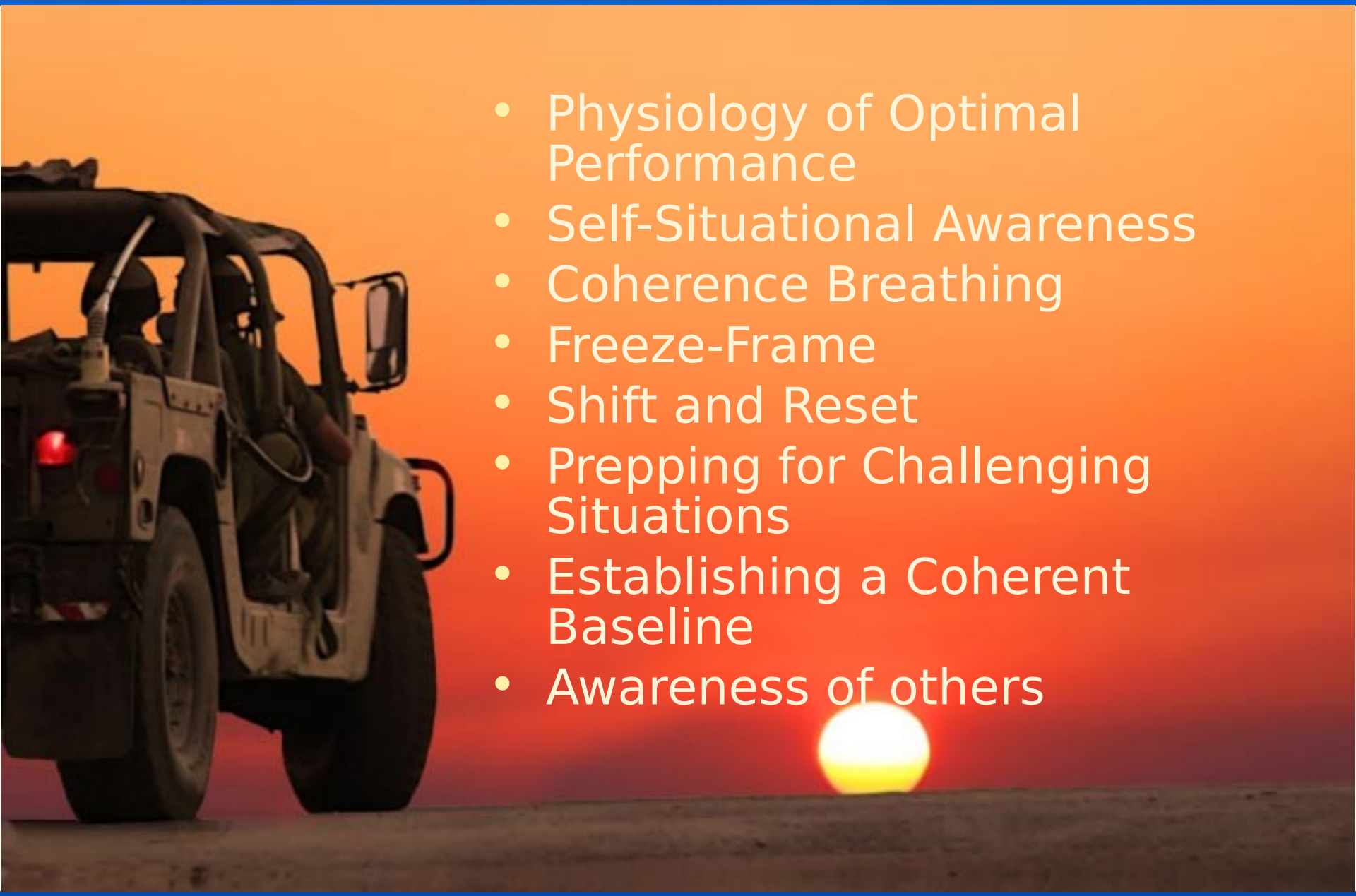
Facilitates Brain Function (coherence)



The HeartMath Tools

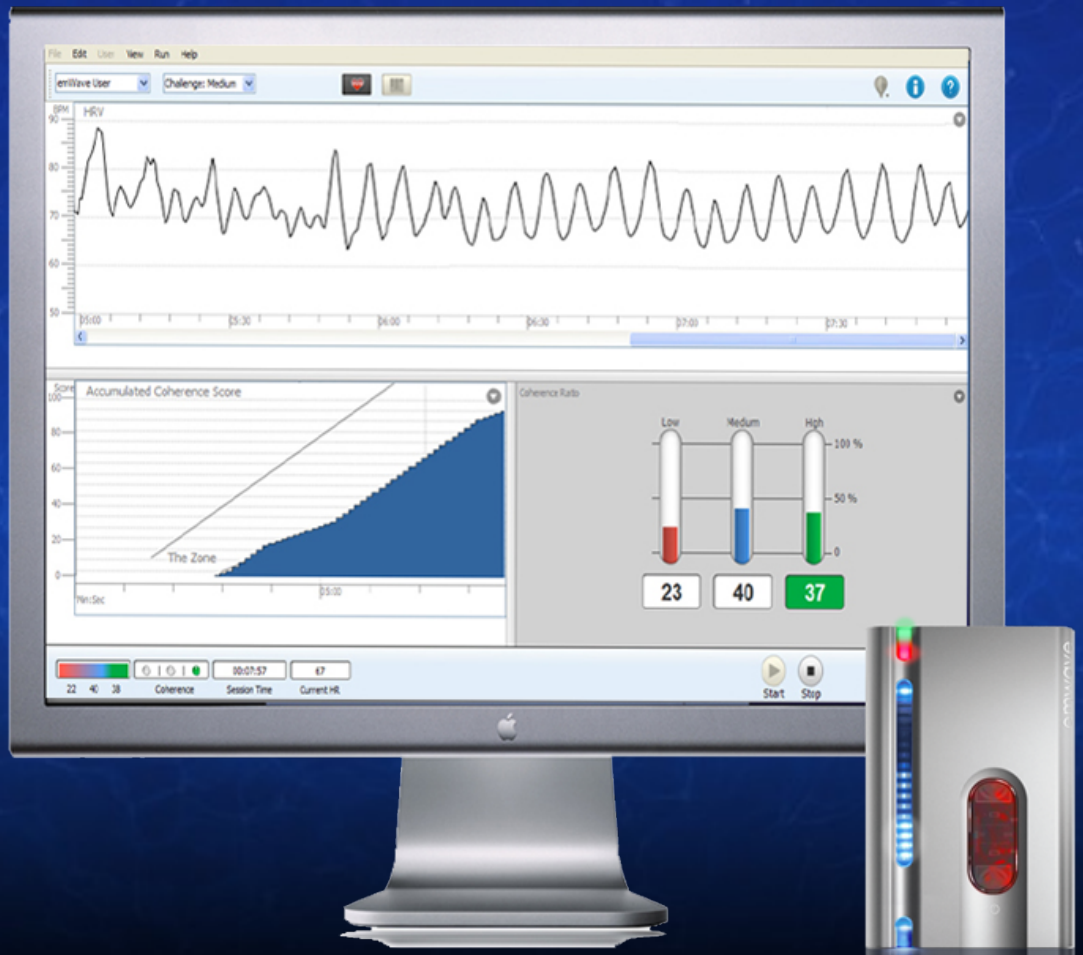
The HeartMath techniques induce a coherent physical and mental state which increase mental clarity and emotional stability, especially in challenging situations.

The process of shifting into a coherent state is facilitated by assistive technology—the emWave.



- Physiology of Optimal Performance
- Self-Situational Awareness
- Coherence Breathing
- Freeze-Frame
- Shift and Reset
- Prepping for Challenging Situations
- Establishing a Coherent Baseline
- Awareness of others

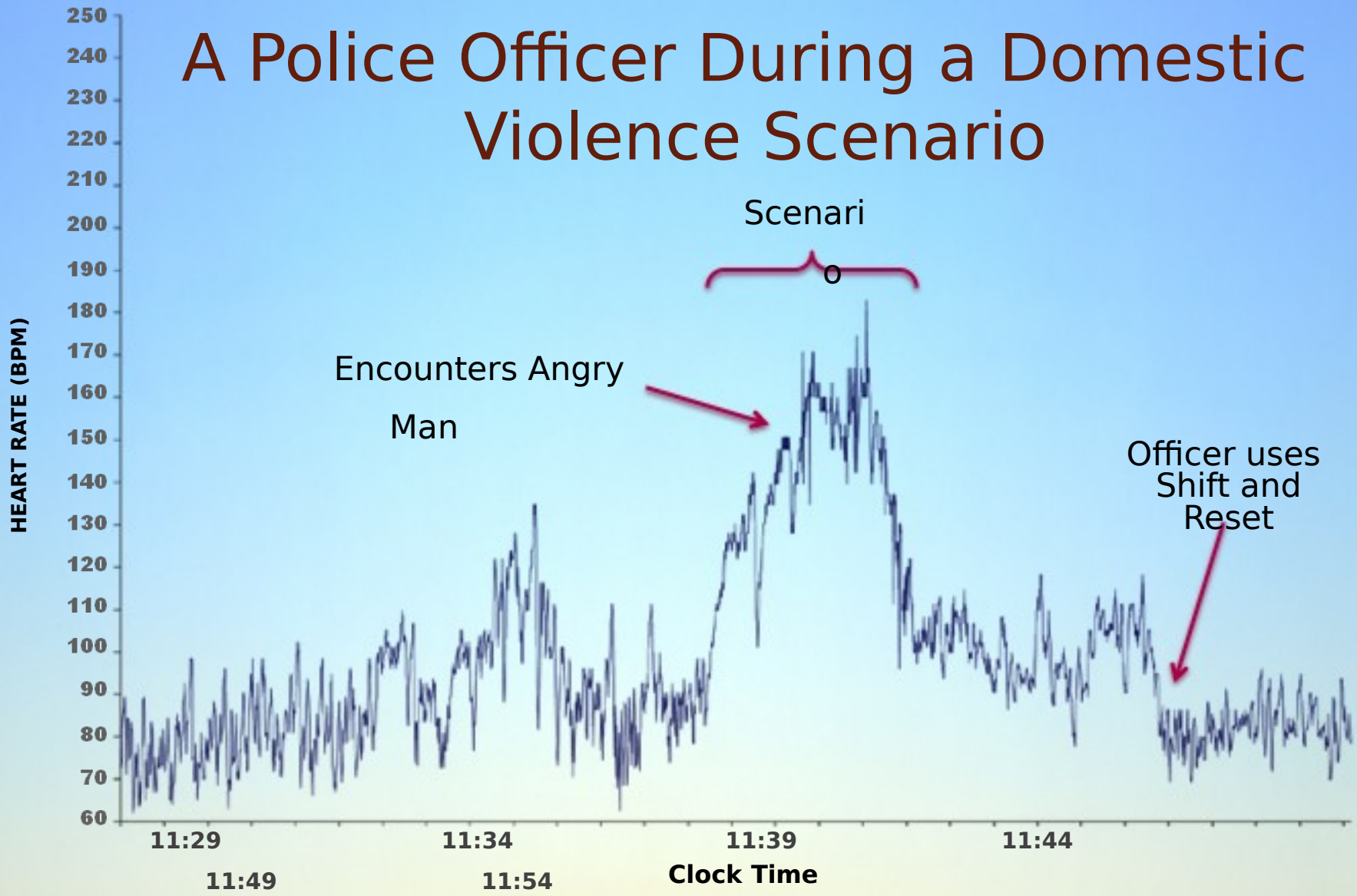
emWave®


HRV
Accumulated Coherence Score
The Zone
Coherence Ratio
Low
Medium
High
100 %
50 %
0
23
40
37
Coherence
Session Time
Current HR
Start
Stop

Coherence Significantly Improves Brain Function

- Increased ability to self-regulate
- 40% improvement in long-term memory
- 24% improvement in short-term memory
- Increased ability to focus
- Increased ability to process information
- Increased reaction times
- Higher test scores
- Improved ability to learn

A Police Officer During a Domestic Violence Scenario



Assessment

Thank You for Attending